

Emma Vanderbilt

# MEDICINAL PLANTS

50 natural treatments for healing all types of illnesses



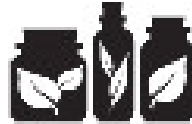
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## Introduction

In modern society, we have partly lost our ancestors' wisdom and profound link to nature. Many of the plants around us have unknown uses and could be maximized if used correctly. Either raw, in infusions, concoctions or ointments, plants are true allies when it comes to improving our health, treating or preventing illnesses; and some of the results are astonishing.

The medical industry uses plants for preparing extracts, drugs and medicine. However, in their natural state they can also be used to activate and accelerate certain processes in the body, enhance the immune system and produce therapeutic effects. The healing parts of certain vegetables' often used are the roots, stems, leaves, flowers, fruits and berries. However, not all components should be used in all cases, as some may be toxic. Apart from using them in medicine, they may be used when cooking, especially the aromatic plants which contain therapeutic qualities; and may replace the excessive use of salt, serving as a healthy and natural condiment.



## Chicory

Chicory can be eaten raw in salads, in spite of its bitter taste, and has a high concentration of Vitamin A and B9. A chicory salad should be prepared using its leaves and the tender stems can also be used. It is a cooling therapeutic plant, which improves digestion and also works well as a laxative and diuretic.

It is recommended for liver problems, mainly because it purifies the blood and kidneys. Chicory is used to stimulate appetite and to treat anemia. It works well for digestive problems, skin disorders, rheumatism and gout. It purifies the kidneys, the spleen and the liver and it works well when treating gallstone colic. The leaves may be boiled and used when bathing to treat skin conditions. For therapeutic concoctions, the roots must be dried and cut. The ailing body part should be rubbed using its juice. When treating gallstones, 15 grams of root should be boiled using 1 cup of water for 3 minutes and taken 3 times a day. For kidney stones, on the other hand, the infusion should be prepared by adding 15 grams of leaves in a hot water mug and letting it rest, taking 1 cup, 3 times a day. If a liver inflammation occurs, the root should be boiled for 10 minutes (40 grams per liter of water).



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## Poppy

Apart from its decorative quality, the poppy flower has well-known therapeutic benefits. It is antispasmodic and emollient; it works well for treating coughs, colds and lung conditions. It is also used for cases of bronchitis and asthma, as well as pneumonia and infected tonsils.

The poppy infusion is used for fever rashes, inflamed eye lids and to alleviate teething pain and discomfort in children. With its mild narcotic effect, it is recommended for people with insomnia to help them sleep. As an infusion, it can be used to treat anguish and neuralgia. It works well when treating stomach pain.

The infusion is prepared by adding dry poppy petals to 1 cup of boiling water. It should rest for a few minutes and up to 3 cups a day may be taken. For diarrhea an infusion should be prepared using equal amounts of poppy and olive oil. For external use, it is applied with a poultice for ocular inflammations and it may also be used on acne.



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## **Basil**

This is an aromatic plant that may be ingested raw or as an infusion, it is traditionally used in Italian foods and has many therapeutic uses: it is prescribed for treating headaches or colds, and is known to reduce fever.

It contains a substance which inhibits the inflammation-causing enzymes in the digestive system, so it is recommended for intestinal gas relief, stomach pain and indigestion.

It is rich in nutrients; therefore, it works well when treating dry skin and pain in the mouth. Different liquors may be prepared with its oil essentials; it may also be added to soups and stews. It is also used as an ingredient in natural medicine and energetic drinks. It is recommended for treating hair loss and halitosis.

The basil infusion is prepared with its leaves or flowers. Water should be heated. Before it boils, 5 grams of leaves are added per cup and should be left to rest for about 3 or 4 minutes.



## Aloe Vera

This is a plant with many uses. Its leaves or “fleshy leaves“ may be used on cuts, lacerations, burns and scars, as it accelerates the healing process. In addition, it serves as a moisturizing and cooling ointment on chapped skin due to wind burn or sun exposure; it works on insect and jellyfish stings too. It is also used as an air purifier.

It contains adaptogen –a natural substance that helps strengthen the immune system and fight viruses and disease- it is especially recommended during times of stress.

Its gel, called **aloin**, can be ingested by mixing it with citric fruits juices. It alleviates hemorrhoid pain. A colon-cleansing home remedy may also be prepared. It is prepared with 2 fleshy leaves, after removing its thorns, and is blended with half a cup of pure honey plus 1 cup of rum or whiskey. You take 1 spoonful 3 times a day, 1 hour before each meal. Great results have been reported in cases of irritable colon by taking this concoction over a 4 to 6 month period.



## Celery

Celery is an aromatic plant with therapeutic attributes, as well as a vegetable used for cooking, as it adds its aroma and flavor to soups and stews. Celery's dried out fruit, its seed, is used as a condiment and its flavor is very pleasant. You can make use of all celery parts; its leaves are rich in vitamins, salts and minerals.

It has high water content and thanks to its asparagine substance, it works as a diuretic. It is used to treat hoarseness. It is used by pharmacies for its sedative effect and to cover up medicine after taste. Its use is recommended in cases of anemia, weakness, recovery, asthma, liver disease, rheumatism and biliousness. In cases of congested lungs, asthma and loss of voice, it is best to cook the leaves in water or milk and drink the broth.

For illnesses related to the kidneys or for menstrual cramps, chop 100 grams of celery into small pieces, add boiled water slowly until half a liter is reached; filter and take 2 spoonfuls 3 times a day.





## Blueberry

From the blueberry, the berries and the leaves can be used. Tannin is the main component in berries, but it also contains vitamins, minerals, sugar, acids, pectin and blue colorant. The main active components in the leaves are: flavone, tannin, arbutin, organic acids, iron and manganese.

Its use is recommended for treating ailments such as inflammations of the mouth and pharynx, as well as for treating thrush, tonsillitis and bleeding gums.

The leaves may be used to prepare an infusion which prevents and treats anemia, arthritis, arteriosclerosis, conjunctivitis, cataracts, and some inflammations. It is also recommended for diarrhea, hemorrhoids and for urinary tract disease. Improvement in cases of kidney and prostate infections has been reported after regularly ingesting blueberries.

Preparation must be done by adding 3 spoonfuls of berries to a quarter liter of cold water and letting it boil for a few minutes. Cool before drinking.



## **Boldo**

Boldo is well known for its therapeutic properties. It is taken by infusion and digestive tisanes, using its dried leaves. Boldo tea is recommended for stomach ailments. These boldo infusions possess choleric, diuretic and colagogic effects; as well as antioxidant, anti-inflammatory and fungicide attributes.

It renders a digestive effect and protects the liver. The boldo leaf tea is meant to treat any type of digestive disorder such as dyspepsia and flatulence, as well as liver and gallbladder dysfunction by stimulating bile production.

As a laxative, it is recommended for proper bowel movements. As a depurative, it helps eliminate toxins from the liver. It is also used as a sedative and for pain relief.

Its use is not advisable in cases of bile tract obstructions or severe hepatic disease. It is not recommended during pregnancy, while nursing or for young children. The infusion is prepared by adding 1 spoonful of dried leaves per 300 cm<sup>3</sup> of boiling water.



## Borage

This is a plant from the Mediterranean that has spread throughout the Northern hemisphere. As an edible plant it is rich in mucilage, minerals and beta-carotene. Its flowers contain abundant mineral salts, neutral resins and flavonoids. Its leaves contain tannin and salicylic acids, while its seed oil is rich in polyunsaturated fatty acids.

It is recommended for skin disorders, inflammations, bronchitis and rheumatism due to its expectorant and sudorific effects. It is also an efficient blood purifier. Since it helps the elimination of urine, its use as a diuretic is ideal, as it eliminates toxins caused by rheumatic disease and heart conditions.

It is advised to consume borage leaves boiled in water with a pinch of salt. They are easily digested and are an excellent natural laxative alternative. The borage flowers, in an infusion preparation, alleviate fever. The whole plant, the flowers and the leaves as well as the seed oil, may also be used.



## Calendula

This is a very popular herb; its flower is used as ornamental, however it is also known for its therapeutic properties.

Calendula helps heal burns and any type of skin ailment, for this reason, it is sought out within the cosmetic industry as it is used to make creams and ointments. It also speeds up the healing process.

As a medication, it can be prepared as an infusion and as an ointment when treating dermatitis and eczemas. Its inflorescences are utilized by letting them dry out on a tray in a warm area and then extracting its petals.

Calendula, in whichever way it is used, is not advisable for patients with asteraceae (botanical group to which it belongs) sensitivity, as it's been proven to cause high skin sensitivity. It is not recommended during pregnancy nor while nursing.



## Cardamom

This is a condiment used a lot in India because of its warm and slightly spicy flavor that can be added to sweet or savory dishes. Its seeds go well with other medicines to maximize flavors and sooth the upper digestive system. In addition, it goes well with coffee and it is a powerful stimulant.

One of the main therapeutic benefits of cardamom is its use as a digestive medicine, as it alleviates upper digestive system ailments. The oil extract is a mild analgesic: it alleviates colic and gas, it also helps get rid of nausea and indigestion.

When treating throat and respiratory tract conditions, its seeds' calorific and antiseptic action is beneficial, as it can be used for pain relief and for the treatment of ailments such as asthma and bronchitis.

It possesses androgenic components within its seeds, so it is considered a great aphrodisiac, especially in the Middle East. There are no known health risks.



## Indian Chestnut

The Indian Chestnut tree is planted for ornamental purposes. Its numerous benefits include an increase in capillary resistance; it diminishes permeability and is anti-inflammatory. Amongst its well-known properties, there is also its anti-hemorrhaging, astringent and blood vessel constricting power.

Its ingestion is recommended for people with vascular conditions who suffer from fragile capillaries, varicose veins, vein insufficiency, thrombophlebitis or hemorrhoids, as it improves blood circulation and alleviates pain. It is also recommended for complaints caused by the menopause and muscular cramps. Generally, it is used when treating coughs, arthritis and rheumatism.

Its bark and leaves are prepared by adding them to boiling water, 1 spoonful of seeds or bark per cup. Two cups a day should be taken for varicose veins and ulcers. It can be taken in the form of a liquid extract or tincture.

It is not advisable during pregnancy, while nursing and for children under 10. It is best not to be used if taking an anti-clotting treatment. The saponoside, within in the seeds' cotyledon, can irritate the digestive mucosal membranes.



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## **Gotu Kola**

This plant of Indian origin also grows in Southern Africa's wilderness and swamps, it requires a humid environment. It is a very old plant used as a therapeutic herb.

It is known within the cosmetic industry as a cellulite treatment and anti-aging agent. The fresh or dried out leaves and the plant's roots contain active principals which are used for therapeutic purposes.

The gotu kola's therapeutic properties are sedative, diuretic, anti-inflammatory, antispasmodic, antioxidant, astringent, antiseptic and skin healing. It is often used to treat ailments stemming from being overweight, for reducing fatigue and for skin conditions such as lacerations, burns, ulcers, sores, bedsores, psoriasis and eczema.

It is almost considered a miracle plant, as it stimulates the production of collagen, toning and rejuvenating the skins' appearance; it reduces wrinkles, it helps alleviate pain and pressure in the legs as well as cramping due to poor circulation. It prevents stretch marks and, above all, it fights cellulite. It may be taken in capsules, creams or tonics. It is highly beneficial when treating anxiety and it increases mental concentration.



## **Horsetail Plant**

This plant grows in humid environments. It contains numerous therapeutic properties beneficial to one's health, such as its diuretic and purifying actions. Due to its astringent, diuretic and regenerating properties, it is widely used in the medical and esthetical fields.

Due to its high potassium salt content, it is one of the most powerful diuretic herbs; it excels in the elimination of toxins, which is why it is recommended in diets. It is useful when battling water retention, treating kidney stones, as well as decreasing the production of urine.

Since it is rich in minerals, it works well when treating conditions such as excessive uric acid, gout, rheumatism, arthritis and anemia. It also holds a powerful tissue healing effect and is recommended for controlling hemorrhages and healing open wounds. It is considered a good remedy for bones due to its high silica content, which helps them strengthen and regenerate.

It should be taken by infusion, 2 spoonfuls of horsetail plant per liter of water, 2 cups a day. By gargling, horsetail may also help treat a sore throat, gum pain and mouth ulcers. Externally it may be used as an anti-inflammatory and can alleviate certain vaginal infections, hemorrhoids and diverse skin lesions.





## Turmeric

Of Asian origin, it comes from the plant *Curcuma Longa*. It is a species found in India that has been around for centuries. It is utilized as a condiment and many cultures appreciate its therapeutic properties.

It fights stomach upsets and gastrointestinal conditions such as inflammation, diarrhea and colic. It is used when treating arthritis pain because of its diuretic effect. It is also used as an energy booster and a natural restorer, and is a great alternative for people who suffer from exhaustion. Thanks to its rich antioxidant substance content, it protects cells from free radicals found in our environment.

Turmeric may also be ingested as an eatable; its extract may be taken in the form of a pill, or in a liquid extract concentration. Its consumption is associated with the prevention and treatment of gastric acid and biliary and kidney stones. Thanks to its purifying effects, it is able to regulate cholesterol levels, and it is considered an anti-inflammatory remedy.



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## **Dandelion**

This plant originated in Greece and can now be found all over the world. Some people consider it an annoying weed that grows and spreads in gardens, but they are unaware of its numerous health benefits.

It serves as a detox. Dried out and toasted, it may be used as a coffee substitute and it also works as a remedy when treating liver and kidney ailments. By using its root in salads, it can be effective for treating liver, gallbladder and kidney ailments and it is also used to treat water retention.

The juice extracted from the plant's leaves possesses diuretic properties and in a tincture it is used in skin care, in such cases as psoriasis, eczemas and acne. The leaves and root are used in herbal supplements.

The infusion is prepared by adding 2 spoonfuls of dandelion leaf to a cup of boiling water and letting it rest for 10 minutes. It may alleviate digestive disorders, heart burn and lack of appetite.



## Juniper

Juniper is a therapeutic herb that has been used since ancient times, known for its numerous healing properties. The juniper berries are used for pain relief. Positive results have been reported when used in massage against arthritis, rheumatism and muscular ailments, as well as in the treatment of varicose veins. By adding its infusion to a bath, it soothes and relieves pain; it also alleviates tension and stress. It has sudorific effects, it stimulates blood flow in the pelvic area and it is excellent in the prevention of arteriosclerosis.

It may be taken as an infusion: 40 grams of berries per liter of boiled water. It works well when treating stomach problems and water retention. At the digestive level, the juniper fruit is recommended as a stimulant and tonic. Thanks to its diuretic quality, it is recommended in cases of cystitis; it also increases the elimination of toxic substances and uric acid through the urine. It is known to work as a hypoglycemic, beneficial to diabetics. It is ideal in the treatment of cellulite and fat excess in the body.

Its nephrotoxic substance may be harmful to the kidneys, therefore, it is not recommended during pregnancy or in cases of severe kidney disorders.



## Tarragon

Tarragon is a healing plant. It has long bright green leaves and its flowers are yellow and small. It is greatly valued in gastronomy for its bitter and slightly spicy taste. In addition, its essence is used in liquors and perfumes.

The fresh leaves prevent sclerosis and vascular disease; they are useful when treating the effects of osteoarthritis. This plant holds antispasmodic effects and alleviates stomach pain. It works as a laxative, it alleviates constipation and flatulence; it is ideal when treating infant colic. Tarragon eliminates toxins from the body. It repairs dysfunction in the kidneys and bladder and is a natural diuretic that diminishes urine retention.

It works as a mild sedative, as it produces a relaxing effect and fights stress and headaches. Its root works as an anti-inflammatory for the gums. In the form of an infusion it is used to treat menstrual disorders and intestinal parasites. It is prepared using boiling water and 1 large spoonful of the herb's leaves. Water is added and it should be left rest for 10 minutes. 2 cups of the filtered content should be taken in the morning and 2 cups at night.



## Eucalyptus

The eucalyptus tree belongs to the myrtaceae plant family. Its fruit has the appearance of a wooden capsule and contains many small seeds. It is of Australian and Tasmanian origin, but it is cultivated in the tropics.

It is used as an appetizer, as well as a stomach and intestinal stimulant. The eucalyptus leaves contain astringent, antiseptic and balsamic properties, and it is often used in cases of fever and respiratory disorders such as colds, asthma, bronchitis and tonsillitis. An essential oil with a cooling flavor and aroma is extracted from the eucalyptus leaves; with which concoctions and creams are prepared for rubbing and inhaling to alleviate colds.

It works well against the flu and coughs. It also cures throat ailments, disinfects the mouth and can alleviate a cold. Applied in hot packs it can help to cure chest ailments and infections.

For flu and colds, 1 handful of eucalyptus leaves should be boiled using 1 liter of water for 10 minutes, approximately, and be left to rest. Take 3 to 4 times a day. It is also used in nebulization.



## Raspberry

Raspberries are used in gastronomy, but not many are aware of their medicinal properties. One cup of this fresh fruit gives the body a variety of nutrients making it a rich source of natural antioxidants.

Its potassium favors cardiac function and regulates blood pressure, making it a great natural hypertension preventer; it also protects the kidneys.

It possesses a natural property: it promotes healthy eyes and is recommended for macular degeneration, a disease that may cause vision loss, especially in the elderly. In addition, it is recommended during pregnancy since its vitamin B9 or folic acid may prevent birth defects. As it is rich in antioxidants, it is recommended in cases of stress and internal health deterioration, as it fights DNA-destructing molecules at the cellular level; these are blamed for the development of cancer, among other diseases.



## Ash tree

The Ash tree is a resistant tree belonging to the oleaceae plant family. Originally from Great Britain, it may grow over 30 meters tall and is found in humid forests, in regions of Europe, the African Mediterranean and Northern Asia. Its leaves may be used as well as its bark and seeds.

The leaves are astringent and hold a diuretic effect. In addition, they may be chewed to strengthen weak gums. The seeds as well as the wood are considered aphrodisiacs.

Its bark also holds tonic and astringent properties, and it is a remedy that eases the digestive process and can even stop diarrhea. It diminishes fever when taken in the form of an infusion.

In cases of water retention an infusion may be taken for a certain period of time, as it possesses a diuretic action due to the mannitol found in its bark. When applied as a poultice, it may relieve rheumatic and arthritic pain and it can also reduce inflammation.

The infusion is prepared with 10 to 30 grams of leaves per liter of water; it should be left rest for 15 minutes, and half a liter should be consumed per day.



## Fucus

This cold-water seaweed absorbs large amounts of sea minerals, it is therefore considered beneficial to the body. It contains large doses of iodine, vitamin C and B, and for this reason one of its main virtues is that it increases the basal metabolism, which means more energy is consumed while resting. In addition, it regulates the thyroid glands which regulate the body; therefore, it is used for weight loss, as well as when treating obesity and cellulite. As a body stimulant, it helps eliminate fat nodules and fluids in certain areas of the body.

A draining function in fucus has turned it into an efficient diuretic. It helps prevent bloating and pain in cases of water retention, rheumatism and arthritis. Thanks to its high fiber content, it helps ease constipation and eliminate toxics from the body.

It is used as an ingredient in the prevention of hair loss. Due to its iodine and selenium content, it holds disinfecting and bactericide properties and may be applied on lacerations, ulcers and other skin conditions.





## **Ginkgo Biloba**

Ginkgo is a tree that can live for over 1000 years. It is a powerful blood vessel regulator which improves blood flow. It works as a blood vessel dilator in arteries and a blood vessel constrictor in veins; it also boosts capillary resistance.

It is recommended for cases of varicose veins, phlebitis, fatigued leg syndrome and leg cramps. It increases blood flow and diminishes pressure on arteries; therefore it treats disorders caused by arteriosclerosis. Its leaves' extract improves blood flow and increases oxygen to fine tissues like the ones in the brain, protecting it from stroke. It is beneficial to people who are elderly and senile, who may be suffering from cognitive problems, memory loss, mental fatigue or confusion.

It is known for being rich in flavonoids, which contain an antioxidant effect. An extract is obtained using its leaves, which improves blood flow and eliminates free radicals. It holds components that inhibit the platelet aggregation factor, responsible for illness causing processes in the immune system such as allergies, asthma and hives.



## Hamamelis

This plant originated in Canada. Its leaves contain tannin and flavonoids, for this reason it is used when treating circulatory disorders.

It is one of the most potent astringents; tannin produces a venotonic action, which increases blood vessel, vein, and capillary contraction; this in turn improves blood flow. It is a vein constrictor and tonic, often used to treat varicose veins, hemorrhoids, phlebitis and diarrhea.

The flavonoids offer a vitamin P action, which increases small vein and capillary resistance and diminishes capillary permeability (capillary water loss), a cause of edema and inflammation. In addition, it contains antioxidant properties that protect the lining of veins and capillaries.

For an infusion preparation, 1 spoonful of dry hamamelis leaves should be added to 1 cup of boiling water and then cooked for 3 minutes, then left to rest for an additional 3 min. It is not advisable for cases of gastritis and gastro duodenal ulcers; its tannin may irritate the gastric mucus lining.



## Peppermint

Peppermint originated in Europe, Africa and Asia, but it is widely used in Mexico and other American countries. It is used for cooking as a dressing and for making dishes, deserts and beverages such as mojito.

It is a digestive herb that must be taken 20 minutes before each meal in order for it to take effect. It is also an analgesic, it helps alleviate colic or stomach pain; it is especially recommended for infants. It also works as an antispasmodic, as it activates bile production in the gallbladder biliary; it treats dizziness and helps pass intestinal parasites, along with an antioxidant diet.

It helps decrease organ and tissue inflammation, therefore it is recommended for cases of gastritis, colitis and joint ailments; as well as in cases of diarrhea in infants and adults. It is efficient in treating menstrual cramps.

It is useful to treat stress, nervousness or anxiety; to induce sleep, a tea must be taken 20 minutes after dinner. The essential oil, when applied on the temple area, decreases tension and helps alleviate headaches caused by nervousness.



## Fennel

Fennel is a native plant of the Mediterranean basin. It holds medicinal, aperitif, stomach, and diuretic properties. It stimulates digestion, relieves headaches and increases urine secretion. It works on toxin release and regulates menstruation.

The root helps eliminate fluids, stimulates urine formation, and also acts as a muscle tone relaxant. The seeds are used in infusions to eliminate intestinal gas and to soothe digestive pain. It is an appetite stimulator, and is also used to treat asthma, cholera and cramps.

The seed infusion increases breast milk supply. This infusion is also used to treat chronic coughs.

In order to eliminate gas and aid digestion, boil one liter of water and add the fennel seeds, let it rest for ten minutes and strain. Drink one cup after each meal.

The medicinal oil that is prepared with the fennel seeds is a great remedy used to treat vomiting and whooping cough.



## Ginger

This is a root with a great amount of beneficial qualities for our health. It is known for its scent and a slightly spicy flavor. It grows in tropical regions and its rhizomes are used in kitchens around the world, mainly in Asian cuisine.

For medicinal purposes, the root is used to treat nausea caused by motion sickness or dizziness, also during pregnancy, and in mild gastritis cases, although one must act with caution. It collaborates with the digestive process and fights stomach aches and flatulence.

It is ideal for coughs and sore throat relief. Along with lemon juice and honey, it helps clear nasal congestion. It is used as a gastrointestinal and central nervous system stimulant. A powerful infusion can be prepared by placing one sliced ginger bulb in one and a half liters of water, and letting rest for 20 minutes.

It reduces fatigue and contains a lot of antioxidants. It is used externally to relieve traumatism.



## Bay Leaf

In the kitchen it is used for seasoning, especially to add aroma to different dishes. The leaf may be used whole or grounded to be sprinkled over food. It works as a digestive and hepatic system stimulant and as an antispasmodic.

It helps boost digestion, is beneficial to the stomach and liver, and also prevents heartburn and intestinal spasms. It has a beneficial effect on respiratory ailments such as the flu, bronchitis, coughs and respiratory system illnesses, and is a good expectorant.

It fights rheumatic pains as it has anti-inflammatory and anti-rheumatic properties. When treating externally, it is appropriate for skin problems caused by fungus, and can also be applied on ulcers, traumas and burn marks.

The essential oil is used in many cosmetic and drug store products, such as creams and lotions, and also in capillary treatments. Due to its regenerating effect on the scalp, it is also used to fight dandruff and hair loss.



## Lavender

This is a bush with a ramified stem from which herbaceous branches with violet flowers sprout. The species is native to the Mediterranean basin. It has healing properties for throat illnesses such as irritations; it is a sedative and is useful for neuralgia.

Its active parts are utilized for external use in the form of baths, compresses, and to sanitize wounds. It is also used to fight the initial symptoms in a flu cycle. It also works as a stimulant, antispasmodic and a mild sedative.

In the form of an infusion, it is recommended as a medicine to treat melancholy, nervousness and vertigo. It is also popular for its digestive benefits. To prepare, boil 25 grams of its dry flowers in one liter of water, and then let it rest. As a disinfectant, soak gauze in the liquid and place on wounds.

The oil is used in the composition of anti-rheumatic preparations. The alcohol obtained from it is adequate for frictions, and can also be used to activate circulation and alleviate fatigue. It is one of the components found in cologne in the cosmetics industry. The dry flowers are used to aromatize clothing.



## Lemon

This plays an important role as a healing fruit. It can be taken in the morning on an empty stomach or diluted with water. It is ideal as a naturally refreshing drink and is considered an acid consumer that alkalizes the blood and the body. It fights different ailments and prevents certain health problems.

It has a high Vitamin C and ascorbic acid content; therefore, it boosts the body's defenses and immune system. It dissolves the accumulation of toxins and eliminates them; which is why it's used -in addition to infusions- to treat colds. Combined with other ingredients, it is effective for homemade syrup preparations.

It is a very powerful antibacterial that destroys microbes. It is used for stomach problems, indigestion and obesity. It is also used to treat food poisoning. It is recommended for the relief of headaches, kidney and urethra problems, as well as liver ailments. It is used to treat skin diseases and ulcers.





## **Flax Plant**

The flax plant is an annual herbaceous plant that has been cultivated since ancient times, and is known for its fibers and oil. The seeds contain oil, mucilage, enzymes and albumins that are beneficial to the body.

They can be consumed whole or ground, but are more effective when activated in water or crushed in a mortar. They make a soft and effective laxative as they aid peristaltic movements and help the bowels empty quickly. It helps reduce bad cholesterol, dilate arteries and eliminate toxins. The flax plant holds anti-inflammatory properties and is an effective emollient and softener.

Flax seed oil is used in the pharmaceutical industry for the preparation of various ointments which are then used to treat skin burns, rheumatic pain, abscesses, skin outbreaks and ulcers.

The following is recommended: mix a couple of teaspoons of ground flax seeds with a small amount of water, turning it into a watery paste. Take this preparation once or twice a day.



## Plantain

This is a medicinal plant with a high glycoside concentration that acts as an antitoxin. It has been used since ancient times to treat bites or stings from poisonous animals or insect, such as snakes.

The leaves and seeds are used for antibacterial, antiseptic, astringent and anti-inflammatory purposes. In alternative medicine it is often used to treat respiratory illnesses like asthma, bronchitis and fever.

It is useful for digestive problems and certain pathologies like diarrhea, gastritis, ulcers and irritable bowel syndrome. It is widely used for kidney diseases and bladder, urethra and bowel disorders. It is also taken in cases of hemorrhoids. In addition, when taken regularly, it can help to control blood sugars.

It is known for its diuretic, astringent and depurative properties. It is very useful for treating swelling in the throat, and eye ailments. The infusion alleviates ear aches by applying a few drops twice a day. It is used to cleanse and heal wounds, sores, scrupulous outbreaks and herpes. For the infusion preparation, place five dry leaves in one liter of boiling water for ten minutes, and let it rest.



## Mallow

This is a plant that holds many renowned healing properties. The leaves and flowers are the parts of the plant which contain the active ingredients and substances that are beneficial to our health.

The mallow plant is used to treat ailments like arthritis or gout. Due to its anti-inflammatory property, it reduces pain and stimulates nerve impulses. It is useful for throat and mouth ailments, eliminates mucous secretions in the lungs and dilates the respiratory tracts. When mixed with eucalyptus, it is effective for treating chest ailments.

It helps with the healing process of gastritis and stomach ulcers. It can protect the immune system. It holds an emollient attribute; the mallow plant is useful when treating acne and to soothe skin irritation. It can be used in the form of a compress to treat skin boils or burns.

For an infusion preparation, place two teaspoons of the dry and chopped plant, let it rest and strain. Two to three cups can be taken per day.



## Mate

The *yerba mate* tree has medicinal qualities that are concentrated in the leaves and branches. It is characterized by its stimulant properties, and is considered superior to coffee in terms of its use when performing physical and mental activities, as its effects last longer and it doesn't cause irritability or insomnia.

Its consumption helps diminish fatigue and it strengthens intellectual performance. Yerba mate also holds digestive properties. It is highly diuretic; its consumption stimulates the elimination of fluids from the body, so it is recommended for urinary infections, cystitis or nephritis. It also prevents kidney stones.

It is recommended for those who wish to lose weight, as it helps eliminate fluids, toxins and fat accumulation in the body. Its consumption is also recommended to those who suffer from constipation.

Mate's ingestion improves cardiovascular activity and stimulates the circulatory system's functioning.



## Chamomile

This is an herb of European origin with small, white flowers. It is normally taken in the form of infusions, although it is also used as a component for medicine and cosmetic production.

The infusion is made with the plant's tender stems and dry flowers. It is recommended for the alleviation of digestive, hepatic and biliary disorders. Its diuretic properties are known to treat cystitis symptoms as it releases retained fluids and helps eliminate toxins.

It is associated with sedative effects; the chamomile infusion is recommended for those who suffer from insomnia. It is also suggested for the regulation of cholesterol levels.

The infusion can relieve stomachaches, and treats indigestion. Its use is recommended for reducing bloating in the abdomen. In addition, it is a stimulant and alleviates menstrual cramps.

It is used within the cosmetic field as a hair shine and to lighten hair color. A portion of the infusion can be added to water and used to wash hair. In turn, it may be used for nail fungus elimination and to treat conjunctivitis.

To prepare the infusion, take a portion of the plant's dry leaves and flowers and boil in water for ten minutes. Then, let it sit for a further five minutes, strain and drink.



## Balm

This is a medicinal herb, also known as *lemon balm*, which is considered one of the best remedies to treat nerve problems, such as specific situations of distress in which unpleasant bodily reactions are produced, or for physical problems of a nervous nature.

It eases symptoms of stress; it holds attributes that calm and restore personal balance, as well as slightly narcotic properties, therefore those who have difficulty sleeping can take its infusion after dinner. Due to its analgesic properties it is recommended for treating cephalaea, migraine headaches and tooth ache, as well as earache.

Some of its properties are useful for the prevention of spasms produced by asthma attacks.

In order to eliminate bad breath, chewing a fresh leaf after meals is recommended. The infusion is prepared with one tablespoon per cup of water, to be boiled for 15 minutes and drank throughout the day. It is advisable to drink 3 to 4 cups per day.



## Mint

This is a plant of European origin known for its scent and flavor. Its use is beneficial as it activates circulation and gives off a cooling effect. It eliminates toxins, aids the purification process and can increase kidney function, which stimulates the elimination of water and fluids.

Due to its menthol content, it increases the amount of sweating and decongests the respiratory tracts, therefore it is recommended for colds and flu, and may even treat fever. It is also used for treating bronchitis.

Its excessive consumption may cause nervous excitement and insomnia in certain people sensitive to mint ingredients.

For a mint infusion preparation, use 1 teaspoon of the plant's dry or fresh leaves per cup of water. After adding hot water to the leaves, cover and let it rest for a couple of minutes.



## Orange Tree

The orange tree offers several healing uses. The tree's leaves, flowers and fruit may be used. The Orange Tree's leaves are used to reduce nervousness and anxiety; and due to its sedative properties it has a soothing effect on the nervous system.

The plant activates the digestive and antiparasitic process. It is effective against appetite loss as its components induce the sense of hunger, and it can combat slow digestion. In turn, it has purifying, fortifying and diaphoretic effects.

The infusion can be prepared with the Orange Tree's flowers, which are recommended for treating intestinal meteorism and flatulence. The infusion is also useful to treat stomach cramps and diarrhea.

The fruit from the Orange Tree is a thirst quencher; it provides Vitamin C and has antioxidant properties. Its regular consumption helps prevent degenerative diseases.





## Medlar

This is a bush with globular fruits, edible when very ripe, with a sour flavor. It is of Southeastern European origin. Its bark holds medicinal properties. The Medlar leaves and fruit are rich in minerals such as iron and phosphorous, they also contain vitamin C.

It has antioxidant properties, helps eliminate free radicals from the body and neutralizes their harmful effects. It enhances the liver's ability to eliminate toxic substances. In addition, its ground, roasted seeds contain properties that help dissolve gallstones; its intake is recommended mixed with fruit juice.

It acts as a natural mucolytic and alleviates skin swelling in cases of hives, by applying its infusion to the inflamed skin. The seeds and leaves hold an active ingredient when extracted which stimulates hair follicle growth, which is why it is used in regenerative hair lotion.

For an infusion preparation, place 4 grams of leaves in a cup of boiled water and let it rest while it releases its extract.



## Oregano

This is a medicinal plant that comes from the Middle East. Very aromatic, it is used as a seasoning for traditional dishes, infusing them with its distinctive flavor.

It is a stimulant, an antispasmodic, an antiseptic, sudorific and expectorant, it also helps digestion. It holds diuretic, anti-inflammatory and analgesic properties. One of its main roles is to disinfect the intestines, eliminate intestinal gas and soothe menstrual pain.

Moreover, it helps eliminate some intestinal parasites, decreases artery pressure and detoxifies the body. It is recommended for asthma, bronchitis and stomach upsets. For external use, it is used to fight pain in muscular rheumatism and to treat arthritis and dermatitis. It has a healing and emollient effect.

For an infusion preparation, add 1 teaspoon of dry and crumbled leaves and flowers to 1 cup of boiling water. Let it sit for a couple of minutes. It can be taken 3 times a day. The infusion works on nervousness and fights insomnia. By gargling, it may eliminate inflammation in the mouth, upper respiratory tract and gums.



## Nettle

The nettle is a bitter flavored plant whose stem and root can be used, containing a great number of amino acids, vitamins and iron. Due to these compounds, the plant has anti-diabetic, anti-anemic, diuretic and homeostatic attributes.

It reduces blood sugars and glaucoma eye pressure levels. Nettle tea aids the elimination of viruses and bacterial infections; it helps strengthen the immune system and fight colds and anemia. It reduces fatigue, exhaustion and other symptoms of stress.

The nettle tea cures ailments and inflammations in the urinary system, as well as urine retention. Due to its laxative effect, its use is recommended in the form of a depurative remedy. In addition, it is used to treat hepatic and biliary diseases.

The infusion can be prepared with dry or fresh leaves; soak 1 tablespoon in a cup of boiling hot water for at least ten minutes. When using fresh leaves, use 1 handful.



## Parsley

Parsley is an aromatic plant with many medicinal uses. Its raw intake is recommended in order to make the most of its medicinal attributes – in salads or smoothies, combined with other vegetables or fruits. It can also be prepared in the form of an infusion, as a hot drink.

It helps improve digestion, the intake of 1 cup of the infusion is recommended before any foods are ingested, which will fend off intestinal spasms, slow digestion and constipation.

Among its medicinal uses, it is used as a natural treatment to cleanse the kidneys due to its diuretic property, which stimulates kidney function and facilitates fluid release from the body. It is also used to treat hypertension and osteoporosis. It helps purify vital organs. Due to its properties, it is useful for hypertension control, and well as a powerful antioxidant.

Parsley contains minerals such as calcium, phosphorous and sulfur. Due to its high iron content, its consumption is recommended to those who suffer from anemia or anorexia, as well as for those who suffer from weakness, fatigue or tiredness. As mentioned, it is high in calcium, which helps fight osteoporosis.



## Oak

This tree's bark is recommended for multiple purposes: prepared as a tea it is used for treating diarrhea; and externally, it is used to treat sore throat, oral ulcers, hemorrhoids, and chilblain.

The oak's bark contains numerous substances from the tannin family. Tannins are considered to have an astringent effect, reduce tissue inflammation and stop bleeding. It can be applied to burns and infectious ulcers in the lower joints. In addition, the saponin it contains works as an expectorant and aids phlegm elimination. The tea has a relaxing effect, used for gargling to treat oral, gum and pharynx infections.

For an oak tree bark tea preparation, boil 2 tablespoons of bark in half a liter of water for 20 minutes. For an eczema treatment, apply on the rash three to five times a day.



## Rosemary

Of Mediterranean origin, Rosemary is cultivated and known across the world for its medicinal properties as well as for its scent and sweet flavor, for which it is used in the gastronomy field in various ways. Both the flowers and the leaves are used for their intense flavor and scent.

It has a long tradition as a medicinal plant. Rosemary is mostly ingested as a tea, as in this form it is most beneficial. It aids fat and starch digestion, it is effective for appetite stimulation and for treating hepatic problems. It may also help with concentration and memory, and it is proved to have worked as a natural mental fatigue aid.

It is an emmenagogue herb, it may be used to provoke a period in a delayed menstrual cycle, or when it is painful or weak. Also, it is effective for treating white vaginal discharge and clear over-abundant urine.

For an infusion preparation, add 1 tablespoon of dry Rosemary leaves to 1 cup of boiled water and let it rest for at least ten minutes, then strain to remove the leaves. It should be noted that its intake is not recommended during pregnancy.



## Sage

Of Mediterranean origin, this plant is highly valued in the kitchen as well as for its medicinal properties for treatments.

Sage is an anti-inflammatory and is recommended for conditions such as rheumatism, arthritis, as well as for the alleviation of muscle aches caused by physical strain.

It is recommended for digestive problems, to reduce flatulence, diarrhea and vomiting. In the form of an infusion, it also combats heartburn and abdominal inflammation. It helps relieve headaches and pain in the abdominal area, it also prevents fluid retention. It can be taken by women who suffer menstrual disorders during their menstrual cycle.

Externally, it is used for healing wounds and ulcers, thanks to its antiseptic properties. When used for gargling, it is effective on any buccopharyngeal inflammation, such as tonsillitis, pharyngitis, and gingivitis.

It helps control blood sugar levels, which is why it is recommended for diabetic treatments. It also helps strengthen the immune system.



## Elderberry

The elderberry is a tree or bush, with many fragrant yellowish-white flowers. Its fruit is black and shiny. The flowers and fruit are collected for medicinal use; the leaves and bark are also used.

The dry flower infusion is a remedy used for treating upper respiratory tract ailments, and is also effective when treating colds due to its sudorific effect. It is useful during nervous disorder treatments, like migraines, headaches, painful inflammations, and it also helps treat insomnia.

It is a depurator and diuretic, useful for kidney disease. It also acts as a natural laxative. It is used externally in the form of compresses to soothe swelling of the eyes, as the elderberry water is a great ocular astringent.

In order to take advantage of its diuretic properties, infusions can be prepared with its bark. Boil 2 small pieces of bark in 1 liter of water for eight minutes. Let it rest for over 5 minutes and strain. It should be drunk hot.





## Linden

Linden flowers and bark are the medicinal part of the tree. These hold multiple benefits ranging from enhancing the nervous system to the respiratory, cardiovascular and digestive systems. It also benefits the skin. Due to its emollient and antispasmodic effect, the flower is shown to alleviate bronchitis, asthma, and flu and cough symptoms. The bark and flower have a hypertensive and blood vessel dilating effect, they act on the coronary arteries and are recommended for cases of angina and arrhythmia. They improve blood circulation, which is why they are used to prevent myocardium heart attacks and thrombosis.

It is one of the best sedatives, used to fight insomnia, as well as migraines and headaches. It is also an antispasmodic and anti-rheumatic. It stimulates the appetite; it is a well-known diuretic, ideal for indigestion and to prevent arthritis. For external use, mouthwashes can be made with the flowers and it is also effective for healing wounds. Its bark is a great toxin remover.

It holds an anti-inflammatory, emollient and skin soothing action. It is recommended for burns and irritations of different types. It is used to treat skin damage caused by extreme weather conditions, for this reason it is very popular within the cosmetics industry.



## Thyme

Thyme is a large bush of European and Asian origin. It is an aromatic medicinal plant, used to treat respiratory system infections; it is an expectorant and antiseptic. It has antioxidant properties used in anti-aging treatments.

It can be used to treat stomach aches and gastrointestinal problems. It is a digestive aid and prevents gas formation. Due to its high iron content it can be used in cases of anemia.

It has an antiseptic, disinfectant and scar tissue regenerative effect. It is also used to treat wounds, for which 1 handful of thyme can be boiled in 1 liter of water and applied on the affected area to speed up the healing process. It acts as an insect repellant; thyme oil is recommended to protect against bites.

In an infusion, take 1 cup three times a day to fight colds, chest infections, mild asthma, stomach cramps or irritable bowel syndrome. It is not recommended during pregnancy



## Valerian

Valerian is an herbaceous plant that grows throughout Europe, Asia and America. It is one of the best-known medicinal plants to treat nervous disorders. Its root, which is the most active part of the plant, contains effective substances used in sedatives, anticonvulsants and antispasmodics. The plant is used to relieve irritability, insomnia and neurosis.

Due to its sleep-inducing action, it is recommended to treat nervous depression and chronic insomnia; as well as any type of digestive problem caused by mental and cardiac disorders.

It has anti-parasitic virtues; and prepared in the form of an infusion it is very effective for treating vomiting. It can be prepared as an infusion, soak, tincture or extract. The extract is usually used as a nervous sedative.

For an infusion preparation, add 2 tablespoons of crumbled root into a cup of cold water and let it soak for 12 hours. One or two cups can be taken per day for headaches, it is best to heat and drink after meals and before going to bed to obtain the insomnia fighting effects.



## Common verbain

Common Verbain is an herbaceous plant, of French origin, with flowers. The leaves and dry stems are used in digestive teas and are recommended for headache alleviation, to calm nervous tension and depression.

It holds astringent properties, helps heal wounds and has anti-inflammatory effects, which also help speed up the healing time of injuries. Thanks to those properties, it is useful in rheumatic treatments.

For infusions, soak 15 grams of dry leaves and stem in one cup of boiled water. It is recommended for stress relief and to induce sleep in cases of insomnia. In the form of an infusion, one to three cups per day should be taken as a digestive stimulant, or when treating a fever. Taking one cup at night for insomnia is also recommended.

It should not be taken by pregnant women. It is important to point out that it can cause vomiting if taken in large amounts.



## Sarsaparrilla

This is a medicinal plant that acts as a blood purifier. It is recommended for excess uric acid elimination. It also alleviates pain caused by rheumatism and gout. Its use is advised for ailments such as cellulite, obesity, hypertension or high cholesterol.

As a natural diuretic it helps control weight; it also eliminates toxins, improves symptoms and reduces pain in those who suffer from gout, osteoarthritis, and rheumatoid arthritis.

Due to its antibacterial and antifungal properties, it is recommended when treating different types of skin ailments, such as acne, eczema or boils, dermatitis and hives. In addition, it is used for blood cleansing, high cholesterol level reduction and respiratory problems.

Due to its high saponin content, its intake is not recommended for those who suffer from gastritis as it may irritate the gastric lining and cause nausea or vomiting; the same goes for cases of ulcers or irritable bowels.



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